

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# VALLEY POINTS FAMILY YMCA 2019 SUMMER PROGRAM GUIDE

Branch Locations: Allegheny Valley 🌟 Kiski Valley 🌟 New Kensington  
[www.vpfymca.org](http://www.vpfymca.org) / Like us on Facebook @ [facebook.com/VPFYMCA](https://facebook.com/VPFYMCA)

## Greetings to our Friends and Neighbors!

Thank you so much for being part of our Y family! We welcome you to the Valley Points Family YMCA and invite you to take advantage of the many wonderful classes and activities listed within the pages of this guide.



At the Valley Points Family YMCA, we believe that the values and skills learned at an early age are carried on with kids for life. By guiding children to a physically healthy life, we are giving them the opportunity to contribute and be engaged adults. We offer dozens of youth-oriented programs, including:

- Early Learning & School Age Enrichment programs that teach children social skills and values, giving them the foundations they'll need to flourish.
- Youth Swim Lessons that build confidence and save lives.
- Youth Sports that teach fundamentals and instill in children the importance of a healthy, active lifestyle.

The Y aims to improve the well-being of the people living in our communities, but we also know that it can be a challenge to choose a healthy lifestyle. At the Y, we want everyone to get back to the core of healthy living and feel empowered to make better, healthier choices every day. To help you reach your goals, here's a sample of what we offer:

- Learn how to combat type 2 diabetes through the YMCA's Diabetes Prevention Program.
- Discover the fun of exercise through our fitness facilities, including cardio and weight equipment, gymnasium, swimming, and more.
- Burn calories in fun classes like boot camp, Zumba, Turbo-Kick, cycling and more!

No matter what you choose, we encourage you to come to the Y, build new relationships and friendships, learn new skills, and make health—whether it's mind, body or spirit—a priority. We are here for you, our friends and neighbors, and we are here for newcomers, as well. Remember, everything the Y does is in service of making us—as individuals and a community—better!

## THE Y...IT'S WHERE YOU BELONG!

### OUR MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### OUR CAUSE:

The Valley Points Family YMCA is a cause-driven organization dedicated to youth development, healthy living and social responsibility. We utilize resources to help youth develop to their fullest potential, provide health and wellness opportunities for people of all ages and abilities, foster community and economic development, and serve as a valuable community asset to ensure that everyone has the opportunity to learn, grow and thrive.

# PROGRAM INFORMATION

## YMCA Programs & Registration

It is our commitment to provide the highest quality programming possible to our community, while keeping our services affordable and accessible to all. **If you are unable to participate in a program based on its cost, please remember that financial assistance is available for all who qualify.** To register for a Y program, visit the Welcome Center at any Branch, or visit our website at [www.vpfymca.org](http://www.vpfymca.org) and register online. Anyone wishing to use online registration must be a current or past member of the Y, or have participated in a Y program in the past. If you are registering after the start date for a class, please be aware that online registration may no longer be available.

## Program Session Dates

The majority of Y programs fall on a specified session schedule. If a program does not fall within a specified session, additional information will be listed following the program description. If you are registering for a program for someone who is not an active member of the Y, you will be able to register during the open registration period as a non-member. If you are a member of another Y, you can register in person at member rates during the open registration period. Please check with the Welcome Center at any Branch for schedules for Aquatic and Group Exercise class offerings. You may also download these schedules at [www.vpfymca.org](http://www.vpfymca.org).

Session	Dates	Member Registration Dates		Open Registration Dates	
		Begin Date	End Date	Begin Date	End Date
May Session	May 6—June 1	April 22	May 17	April 29	May 17
June Session	June 3—June 29	May 20	June 14	May 28	June 14
<b>Summer Break</b>	<b>July 1—July 6</b>				
July Session	July 8—August 3	June 24	July 19	July 1	July 19
August Session	August 5—August 31	July 22	August 16	July 29	August 16

(Closed Memorial Day & Independence Day)

### Children's Fun Zone (ages 6 weeks-7 years)

As part of our commitment to our families, our Y offers free babysitting services for children of parents/legal guardians who are Adult or Family members. If you are not the parent/legal guardian and wish to make use of this service, then the child(ren) must be members of our Y. Adults signing a child into the Children's Fun Zone must remain on the Y premises at all times. The Children's Fun Zone closes 30 minutes prior to the end time if no children are present.

#### Allegheny Valley Branch:

Mon—Sat AM 9:00—Noon  
Mon—Thurs PM 5:00—8:00pm

#### Kiski Valley Branch:

Mon—Sat AM 9:00—11:30am  
Mon—Thurs PM 5:00—8:00pm

#### New Kensington Branch:

Mon—Sat AM 9:00—11:30am  
Mon—Thurs PM 5:00—8:00pm

## SUMMER HOURS OF OPERATION

(May 28—September 3)

### Allegheny Valley Branch

5021 Freeport Road | Natrona Heights, PA 15065  
724.295.9400

#### Summer

Mon-Thurs 5am-9pm  
Friday 5am-8pm  
Saturday 8am-4pm  
Sunday CLOSED

### New Kensington Branch

800 Constitution Blvd | New Kensington, PA 15068  
724.335.9191

#### Summer

Mon-Thurs 5:30am-10pm  
Friday 5:30am-9pm  
Saturday 7am-4pm  
Sunday 10am-2pm

### Kiski Valley Branch

511 Hyde Park Road | Leechburg, PA 15656  
724.845.1968

#### Summer

Mon-Thurs 5:30am-9pm  
Friday 5:30am-8pm  
Saturday 7am-4pm  
Sunday 1pm-5pm

### Branch Office Hours\*

Mon-Friday 8am-8pm  
Saturday 8am-4pm  
Sunday CLOSED

\*These times are when all branches are available to take program registrations, memberships, payments of any kind

# YOUTH DEVELOPMENT

At the Y, we believe every child has potential, and we're here to nurture that potential. From youth sports to academic support to leadership development, the Y helps bring out the best in kids, and they keep surprising us with all they can do!

## EARLY LEARNING & SCHOOL AGE ENRICHMENT

The central focus of the Y's Early Learning Centers and School Age Enrichment Programs is to foster growth and development, not only in children but also in their parents and families. Our programs help kids develop moral and ethical behaviors, self-esteem, and leadership in our community. They also allow parents to remain gainfully employed, knowing that their children are thriving in a safe, supportive environment. Our programs are based upon years of research in the field of Child Development and are designed to meet the individual needs of the child and the family as a whole. Providing high quality early learning and enrichment opportunities is central to the overall mission of the Y. All sites are licensed by the Pennsylvania Department of Human Services and participate in the Keystone STARS program. There is a registration fee of \$30 per child or \$45 per family. Registration is open year-round. Call for other pricing options, including information about our 10% sibling discount. All listed fees are subject to change. Limited Financial Assistance available. Title XX Enrollees accepted.

USDA Nondiscrimination Statement 2015 FNS nutrition assistance programs, State or local agencies, and their sub recipients, must post the following Nondiscrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: 202.690.7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

### EARLY LEARNING

When children are involved with a YMCA Early Learning Center, they leave ready for Kindergarten. Our Y's early learning programs operate on an experiential learning philosophy: children learn by doing. Daily lessons, based on a nationally recognized and creative curriculum, are developed to boost learning through age-appropriate activities and stimulating hands-on experiences, with a balance of teacher-directed activities integrated with child-directed play. The Y's Early Learning Centers are staffed by a qualified, trained and caring team who work with local school districts on school readiness to ensure the best possible transition to Kindergarten for your child.

Children are provided with breakfast, lunch and an afternoon snack. **All children enrolled full-time receive a complimentary Youth Membership to the Y while enrolled in the program.**

Early Learning Centers are open from 6:00am to 6:30pm.  
Full-Time: Over 5 hours/day | Part-Time: Under 5 hours/day  
Children must be enrolled a minimum of 2 days per week.

**New Kensington Early Learning Center** (724.339.6180)  
Infant, Toddler and Preschool | Keystone STARS Level 3

**West Vandergrift Early Learning Center** (724.567.6680)  
Infant, Toddler and Preschool | Keystone STARS Level 2

Enrollment Type	Member Fee	Non-Member Fee
Infant Full-Time	\$185/Week	\$225/Week
Infant Part-Time	\$30/Day	\$36/Day
Toddler Full-Time	\$175/Week	\$215/Week
Toddler Part-Time	\$28/Day	\$34/Day
Pre-School Full-Time	\$160/Week	\$200/Week
Pre-School Part-Time	\$26/Day	\$32/Day

### SCHOOL AGE ENRICHMENT

Did you know that our Y provides School Age Enrichment programs in school districts throughout our region? The Y's School Age programs provide children in Kindergarten through the 6<sup>th</sup> grade with a safe place to hang out and have fun while learning outside the classroom. The curriculum includes homework support, literacy programs, fitness activities, recreational games, and craft projects, all of which are led by degreed and/or certified teachers. Each site also includes an afternoon snack.

Through the use of carefully planned programs with trained leadership, children are supported to achieve their fullest potential in terms of mental development, physical well-being and social growth. All sites are Keystone STARS Level 1 or 2.

**All children enrolled full-time receive a complimentary Youth Membership to the Y while enrolled in the program.**

Our school sites are open at 7:00am until school starts and after school until 6:00pm (unless otherwise noted below). Transportation between our site and your child's school may be provided by the school district. Children must be enrolled a minimum of 2 days per week.

Sites: Acmetonia Primary School 724.335.9191  
Buffalo Elementary 724.295.9400  
(Buffalo hours: 6AM-bus pick up; bus drop off-6PM)  
H.D. Berkey Elementary School 724.335.9191  
Bon Air Elementary School 724.335.9191  
West Vandergrift Early Learning Center 724.567.6680  
(WVELC hours: 6AM-bus pick up; bus drop off-6:30PM)

**For pricing info or questions, please contact the numbers above.**

# Valley Points Family YMCA 2019 Summer Camp



Welcome to **Summer Camp** at the **Valley Points Family YMCA**! Camp, like many Y programs, is about learning skills, developing character and making friends. Our program includes a focus on **caring, honesty, respect** and **responsibility** in all activities and for all ages. Kids have fun while trained counselors guide them through daily schedules that nurture their spirits, challenge their minds and strengthen their bodies. Weekly themes keep kids engaged while learning about themselves and the world around them.

## SUMMER CAMP

Summer Camp provides an exciting, safe community for children ages 5-12 (children must have completed Kindergarten) to build self-esteem, develop interpersonal skills and make lasting friendships and memories.

## COUNSELORS IN TRAINING (CIT)

Youth ages 13-15 can participate in Summer Camp as CITs, assisting staff with younger children and building leadership skills. The CIT program gives teens age-appropriate challenges that help build skills, confidence and capacity for working with people of all ages.

## JUST THE FACTS

Children should bring a brown bag lunch; Breakfast & Snack provided.

(Refrigeration is provided. Exception: Pack a *non-perishable lunch* on field trip days.)

- Scheduled activities vary per site.
- Parents are responsible for transportation to and from camp. Three Sites are open 7:00am—6:00pm (West Vandergrift is open from 6:00am to 6:30pm). (Allegheny Valley is open from 6:00am to 6:00pm)
- Parents are responsible for payment the days that your child is registered, regardless of actual attendance.
- All payments are drafted from your checking, savings or credit card (Visa/MasterCard) account.

**DATES:** June 3, 2019—August 30, 2019 (varies by site, based on local school district schedules)

## LOCATIONS:

Natrona Heights—Allegheny Valley Branch (\*Location is not eligible for CCIS / ELRC funding)

Lower Burrell—C. Huston Middle School (on Fridays the program relocates to Trinity United Christian Church)

New Kensington—H.D. Berkey School (on Fridays the program relocates to the New Kensington Branch)

Cheswick / Springdale—Springdale Jr./Sr. High School

Kiski / Leechburg / Vandergrift—West Vandergrift Early Learning Center

## S.O.S. CAMP FEES

**Registration Fee:** \$30 per child or \$45 per family

**Full-Time: 4-5 days per week:** Member—\$145/week | Non-Member—\$190/week

**Part-Time: 2-3 days per week:** Member—\$114/week | Non-Member—\$164/week

**Counselor in Training (CIT):** Members Only—\$108/week

**Field Trip Fees Additional:** See Registration Form for Details

**Financial Assistance:** Subsidized care is provided through the County CCIS / ELRC Office for all sites except the Allegheny Valley Branch. Financial Assistance may also be available for those who qualify through the Valley Points Family YMCA. For more information about CCIS / ELRC, call Allegheny County ELRC at (800) 392-3131, Armstrong County ELRC at (888) 808-6529 or Westmoreland County ELRC at (800) 548-2741.

## 2019 SUMMER CAMP THEMES

June 3-7\*\* Healthy is Wealthy

June 10-14 Together is Better

June 17-21\*\* Game On!

June 24-28 Fairies, Fables & Fireflys

July 1-5 Everyday Super Heros

July 8-12\*\* #Rewind

July 15-19 Be a Changemaker

July 22-26\*\* Kool Kidz

July 29-Aug 2 Surf's Up!

Aug 5-9\*\* Titan Warrior Grit

Aug 12-16 Arts Alive

Aug 19-23 Old Fashioned Favorites

Aug 26-30 Ramp It up

## CAMPS, continued

### EXPLORERS SUMMER CAMP (Ages 3–12)

Explorers is a well-established, educational program at the **West Vandergrift Early Learning Center** created from a philosophy that promotes individual development through a hands-on, age-appropriate approach. Each level is carefully prepared to enhance academic and intellectual learning. The very unique environment encourages growth and development through art, science, music and exploration!

#### SESSION I: DRAGONOLOGY 101

Dates: June 10–July 12

Calling all princesses and knights! Expand your mind with the mysterious world of dragons and become a “Dragonologist”! Discover fascinating facts and myths about these legendary, fire-breathing creatures. Experience being part of a magical kingdom filled with mystery and surprise. Create your own dragon egg, magic dragon dust, and search for the hidden map to dragon’s lair of hidden gems and treasures. All dragon slayers and princesses welcomed! Play Dragons, Princesses, Knights; Tiptoe up the Mountain; Dragon Slayers 1 2 3; Dragon’s Lair and Memory Bust.

#### SESSION II: DESERT DAREDEVILS

Dates: July 15–August 16

Come be fascinated with desert facts. learn about the ten largest deserts in the world and the four different types. Desert biomes, giant cactus, sand jars, tarantulas, scorpions, lizards, insects, snakes, camels, and elephants will be part of the fun projects. Fun games ~ Don’t Step on the Scorpion, Sand Hand, Kangaroo Rat Race and many more! Enjoy some cactus juice, bone-dry treats, and honey-pot ant jigglers! Parents are invited for a last day display.

#### Wee Explore! (Ages 3–4)

Day | Time: Tuesday & Thursday | 9:00–11:00am

Members: \$100 / session | Non-Members: \$145 / session

#### Explorers (Ages 4–6)

Day | Time: Monday, Wednesday, Friday | 9:00am–Noon

Members: \$140 / session | Non-Members: \$210 / session

#### Junior Explorers (Ages 6–12)

Day | Time: Tuesday & Thursday | Noon–4:00pm

Members: \$115 / session | Non-Members: \$195 / session

### KINDERGARTEN READINESS CAMP & BEYOND (Kids entering fall Kindergarten or 1<sup>st</sup> grade)

Session I: June 10–July 12

Session II: July 15–August 16

This camp is designed to prepare students for kindergarten and beyond—those entering kindergarten and/or for those who have already completed kindergarten but need additional reinforcement or simply challenged “one step further” The curriculum will academically and intellectually stimulate and enhance skills by reinforcing phonological awareness, letter recognition, handwriting, reading comprehension, math and basic learning skills. Engaging activities to encourage independent thinking and opportunities for discovery will be part of this camp. Appropriate skill levels will be implemented individually or for the needs of the group after a preliminary evaluation. This camp will help your child maintain, refresh, and improve required skills necessary for the next level of learning.

Day | Time: Monday & Wednesday | 12:30pm–3:00pm

Members: \$80 / session | Non-Members: \$125 / session

### COMBINE AND SAVE!

Help acclimate your child to a full day of Kindergarten by adding one of our popular Explorers theme camps and save \$20 over the combined price!

(Children taking advantage of the combo need to pack a lunch, including a drink.)

Members: \$200 / session

Non-Members: \$315 / session

### VOLUNTEER OPPORTUNITIES

Across the US, more than 500,000 business leaders, community advocates, parents, teens and individuals who want to give back and support their neighbors volunteer at the Y. There are a variety of opportunities available, including coaching youth sports teams, teaching group exercise classes, serving on a committee, assisting with fundraising to ensure the Y is accessible to all members of the community, serving as ambassadors and advocates on behalf of the Y.

If you are interested in volunteering with the Y, contact us at:

[admin@vpfymca.org](mailto:admin@vpfymca.org)

**Allegheny Branch (724) 295-3400**

**Kiski Valley Branch (724) 845-1968**

**New Kensington Branch (724) 335-9191**

## SUMMER SPORT/ACTIVITY CAMPS

### ALL SPORTS CAMP (Grades 1–6)

Our All Sports Camp has quickly become one of our most popular summer camps! This camp is perfect for any child who enjoys a variety of sports and recreational games. Campers are taught skills and given the opportunity to participate in sports such as football, soccer, basketball, hockey, and more!

Site: **Huston Middle School, Lower Burrell**

Series Available: June 17– June 20

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday–Thursday | 9:00am–Noon

Site: **Allegheny Valley Branch**

Series Available: July 22—July 25

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday–Thursday | 9:00am–Noon

### BACKYARD SPORTS CAMP (Grades 1–6)

This camp is all about fun! We will play/teach your kids all of the classics like dodgeball, kickball, badminton, capture the flag, cornhole, and many more.

Site: **Allegheny Valley Branch**

Series Available: June 10—June 13

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday—Thursday | 9:00am–Noon

Site: **Huston Middle School, Lower Burrell**

Series Available: July 8—July 11

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday—Thursday | 9:00am–Noon

### BASKETBALL CAMP (Grades 1–6)

This camp offers an opportunity for all athletes, regardless of ability level, to participate in an exciting day of basketball training and game participation. We will focus on fundamentals of dribbling, passing, shooting, and of course, game play!

Site: **Kiski Valley Branch**

Series Available: August 6 & August 8

Members: \$20 | Family Members: \$10 | Non-Members: \$60

Day | Time: Tuesday & Thursday | 9:00am–Noon

### “BIG 3 SPORTS” CAMP (Grades 1–6)

This camp will focus on some of the most popular sports in the United States for youth. Camp will consist of drills/scrimmages for the following sports: basketball, football, and soccer.

Site: **Allegheny Valley Branch**

Series Available: June 24–June 27

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday–Thursday | 9:00am–Noon

### DEK HOCKEY CAMP (Grades 1–6)

This camp offers players the opportunity to learn dek hockey skills and to develop the sport as a tool for higher level play. Our goal is to teach players basic hockey skills in a fun environment! Each day will consist of skill development which will be followed by an instructional game.

Site: **Memorial Park, New Kensington**

Series Available: June 10—June 13

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday—Thursday | 9:00am–Noon

### DODGEBALL CAMP (Grades 1–6)

Due to popular demand, we decided to have a camp solely focused on the game of dodgeball! Campers will work on throwing, catching, shielding skills, and dodging! Get a great workout in while enhancing your reflexes!

Site: **Huston Middle School, Lower Burrell**

Series Available: June 24–June 27

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday–Thursday | 9:00am–Noon

Site: **Allegheny Valley Branch**

Series Available: July 8–July 11

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday–Thursday | 9:00am–Noon

### FISHING CAMP (Grades 1–4)

This specialized 2 day camp is just for grades 1–4! Your child will learn about the different types of fish that are in Burrell Lake, create their own bait, and the fundamentals of fishing. All they will need is a water bottle and their own fishing pole to enjoy both mornings of camp! The Y will have a limited amount of poles to borrow.

Site: **Burrell Lake Park**

Series Available: July 23 & July 25

Members: \$20 | Family Members: \$10 | Non-Members: \$60

Day | Time: Tuesday & Thursday | 9:00am–Noon

### FLAG FOOTBALL CAMP (Grades 1–6)

Our pre-season Flag Football Training Camp will focus on enhancing your player's skills as well as conditioning for the Fall Flag Football League! Spend the week passing, catching, and learning defensive plays.

Site: **Huston Middle School, Lower Burrell**

Series Available: August 12–August 15

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday–Thurs | 9:00am–Noon

### OUTDOOR ADVENTURE CAMP (Grades 1–6)

Venture out to some of our local parks for hiking, outdoor exploration, scavenger hunt, and outdoor life! Each day will be a new adventure into our Pennsylvania Parks System. Be prepared with proper footwear and a water bottle each day for all of our fun activities!

Site: **Burrell Lake Park (Monday, Wednesday)**

**Northmoreland Park (Tuesday & Thursday)**

Series Available: July 15–July 18

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday–Thursday | 9:00am–Noon

Site: **Harrison Hills Park, Natrona Heights**

Series Available: July 29–August 1

Members: \$40 | Family Members: \$20 | Non-Members: \$120

Day | Time: Monday–Thursday | 9:00am–Noon



## YOUTH PROGRAMS, continued

### SUMMER FLAG FOOTBALL LEAGUE (Grades K-7)

Football isn't made just for the fall! This league provides kids the chance to learn and have fun playing football without all the equipment needed or risks of playing in tackle leagues. There will be one practice and game per week, with the time and location determined by the coach.

Site: **Allegheny Valley Branch & Valley High School**

Series Available: June 15– Aug 3 (**\*No games 4th of July Weekend**)

Members: \$35 | Family Members: \$17.50 | Non-Members: \$105  
Day | Time: Saturday | 9:00am–Noon

### WHY RUN? TRACK & FIELD (Grades 1-6)

Run/walk your way to better fitness habits! Learn the basics of running, throwing, and jumping to prepare for involvement in track or cross-country.

Site: **Kiski Area High School Track**

Session I: June 17–August 7

Members: \$40 | Family Members: \$20 | Non-Members: \$120  
Day | Time: Monday and Wednesday | 6:00–7:00pm

### PRESCHOOL SUPER HERO CLUB (Ages 3-6)

Join our club and dress up as your favorite super hero or princess! We will be playing fun running games while encouraging creative imaginations! If it's nice out, we'll move the party outside for this fun class!

Site: **Kiski Valley Branch**

Series Available: July 17–August 7

Members: \$20 | Family Members: \$10 | Non-Members: \$40  
Day | Time: Tuesday | 5:15–6:00pm

### DRAWING (Ages 6-Adult)

Whether you are just starting out, or have been drawing for years, come join us for a great social experience while developing the art of shading, color, and composition. Materials to bring to class: sketch pad (no smaller than 8½x11"), drawing pencils (2B & 4B), manually sharpened charcoal pencils (1 soft and 1 medium), ultra fine point black marker, and a white eraser.

Site: **Kiski Valley Branch**

Series Available: June & July Session

Members: \$40 | Family Members: \$20 | Non-Members: \$120  
Day | Time: Monday | 6:00–7:00pm

### Y CHILL CLUB (Ages 10-14)

Join the Y Chill Club to learn volunteerism while making new friends. This fun, supervised environment is meant to teach valuable life lessons to children while growing as an individual during a transitional period of life.

Site: **Kiski Valley Branch**

Series Available: 1st Monday of June, July, August

Members and Non-Members: FREE  
Day | Time: Monday | 6:00–7:30pm

### KIDDING AROUND YOGA **NEW!**

This class teaches kids the basics of yoga in a fun environment full of music, poses and activities. Parents are welcome to join in, watch or drop off and pick up.

Site: **Kiski Valley Branch**

Series Available: Year-Round

Members: FREE | Non-Members: N/A

Day | Time: 1st & Last Saturday of each month | 10:15–11:00am

### SUMMER S.W.E.A.T.

Spinning, Sprinting & STRIVE

Weight Training Eating Healthier

Aquatic Activity

Together As A Team

Summer **S.W.E.A.T.** is 80 hours of physical activity at no charge to youth in our community! Our instructors will make it a summer to remember as we inspire teamwork, goal setting, and achievements through fun and hard work.

Site: **Allegheny Valley Branch**

Series Available: June 17–August 2

Members: FREE | Non-Members: FREE

Day | Time: Monday, Wednesday, Friday | Noon–2:00pm

Site: **Kiski Valley Branch**

Option #1: June 18 & 20

Option #2 July 16 & 18

Members: FREE | Non-Members: FREE

Day | Time: Tuesday & Thursday | Noon–2:00pm

Site: **New Kensington Branch**

Option #1: June 25 & 27

Option #2 July 30 & August 1

Members: FREE | Non-Members: FREE

Day | Time: Tuesday & Thursday | Noon–2:00pm

### EQUIPMENT INTROS (Ages 7-13) **NEW!**

Members are permitted to use our fitness facilities at age 14 without any prior trainings. If a child would like to use the equipment prior to age 14, they must complete the orientations below.

#### STRIVE INTRO (Allegheny Valley Branch Only)

Members ages 7–9 may complete a free 1-hour orientation at our Allegheny Valley Branch in order to use our STRIVE circuit. After completion a child may use STRIVE EQUIPMENT ONLY with the company of an adult. For appointments, call our Allegheny Valley Branch.

#### CARDIO INTRO (All Branches)

Member at age 10 or 11 may complete a free 1-hour orientation at any of our three branches in order to use CARDIO EQUIPMENT ONLY with the company of an adult member. Schedule and appointment at any of our branches.

#### STRENGTH INTRO (Ages: 10-13)

At age 12 or 13, members may take a strength orientation class in order to use our strength circuit machines with/without the company of an adult member. This class includes four 1-hour sessions and must be passed to gain access to the facility.

Site: **Kiski Valley Branch**

Series Available: Year-Round

Members: \$15 per session | Non-Members: N/A

Day | Time: Monday & Wednesday | 6:00–7:00pm

Site: **New Kensington Branch**

Series Available: Year-Round

Members: \$15 per session | Non-Members: N/A

Day | Time: Wednesday | 6:00–7:00pm

Site: **Allegheny Valley Branch**

Series Available: Year-Round

Members: \$15 per session | Non-Members: N/A

Day | Time: Saturday | 10:00–11:00am

## Swim Lesson Session Schedule Info:

Swim lessons that take place one day a week will run on an 8-week session (8 classes).  
Classes that take place twice a week will run on a 4-week session (8 total classes).  
Should you have any questions, contact our aquatic staff at either location:  
Allegheny Valley at 724.295.9400 and New Kensington at 724.335.9191

## PRESCHOOL SWIM LESSONS

### WATER DISCOVERY—STAGE A (Ages 6 months–3 years)

In our Swim Starters program, there are two stages. Water Discovery is Stage A, where parents accompany their child to introduce the infant or toddler to the aquatic environment in a fun encouraging class that is for both parents and children.

Site: **New Kensington Branch**

Series Available: May, June, July session

4 week session: Monday & Wednesday | 5:00–5:30pm

Y Members: \$32 | Y Family Members: \$16 | Non-Members: \$96

Series Available: May & June Session

8 week session: Saturday | 10:00–10:30am

Members: \$32 | Family Members: \$16 | Non-Members: \$96

Site: **Allegheny Valley Branch**

Series Available: May & June Session

8 week session: Tuesday | 6:00–6:30pm

Series Available: July session

4 week session: Tuesday & Wednesday | 6:00–6:30pm

Members: \$32 | Family Members: \$16 | Non-Members: \$96

### WATER EXPLORATION—STAGE B (Ages 6 months–3 years)

Water exploration is the next stage in our Swim Starters program. In this class, parents will work with their child to explore body positions, floating, blowing bubbles, and fundamentals of safety and other aquatic skills.

Site: **New Kensington Branch**

Series Available: May & June Session

8 week session: Saturday | 10:00–10:30am

Members: \$32 | Family Members: \$16 | Non-Members: \$96

Site: **Allegheny Valley Branch**

Series Available: May & June Session

8 week session: Tuesday | 6:00–6:30pm

Series Available: July session

4 week session: Tuesday & Wednesday | 6:00–6:30pm

Members: \$32 | Family Members: \$16 | Non-Members: \$96

### WATER MOVEMENT—STAGE 2 (Ages 3–5)

In Stage 2, preschool students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Site: **New Kensington Branch**

Series Available: May, June, July session

4 week session: Monday & Wednesday | 6:00–6:30pm

Series May & June Session

8 week session: Saturday | 9:00–9:30am

Members: \$32 | Family Members: \$16 | Non-Members: \$96

Site: **Allegheny Valley Branch**

Series Available: May & June Session

8 week session: Tuesday | 5:00–5:30pm

Series Available: July session

4 week session: Tuesday & Wednesday | 5:00–5:30pm

Members: \$32 | Family Members: \$16 | Non-Members: \$96

### WATER STAMINA—STAGE 3 (Ages 3–5)

In Stage 3, preschool students learn how to swim to safety from a longer distance than in previous stages in the event of falling into the water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Site: **New Kensington Branch**

Series Available: May, June, July session

4 week session: Monday & Wednesday | 6:30–7:00pm

Series Available: May & June Session

8 week session: Saturday | 9:30–10:00am

Members: \$32 | Family Members: \$16 | Non-Members: \$96

Site: **Allegheny Valley Branch**

Series Available: May & June Session

8 week session: Tuesday | 5:00–5:30pm

8 week session: Wednesday | 5:00–5:30pm

Series Available: July session

4 week session: Tuesday & Wednesday | 5:00–5:30pm

Members: \$32 | Family Members: \$16 | Non-Members: \$96

Stay connected and  
up-to-date with the Y!



Like us at  
[www.facebook.com/  
VPFYMCA](http://www.facebook.com/VPFYMCA)



## SCHOOL AGE SWIM LESSONS

### WATER MOVEMENT—STAGE 2 (Ages 5-14)

In stage 2 for our school age swimmers, your child will focus on body control, directional change, and forward movement in the water. Students will continue to practice safety around water and learn how to safely exit in the event of falling in the water.

Site: **New Kensington Branch**

Series Available: May, June, July session

4 week session: Monday & Wednesday | 6:00-6:30pm

Series Available: May & June Session

8 week session: Saturday | 9:00-9:30am

Members: \$32 | Family Members: \$16 | Non-Members: \$96

Site: **Allegheny Valley Branch**

Series Available: May & June Session

8 week session: Tuesday | 5:30-6:00pm

8 week session: Wednesday | 5:30-6:00pm

Series Available: July session

4 week session: Tuesday & Wednesday | 5:30-6:00pm

Members: \$32 | Family Members: \$16 | Non-Members: \$96

### WATER STAMINA—STAGE 3 (Ages 5-14)

Water Stamina is stage 3 of our Swim Basics program. This class will introduce rhythmic breathing, leg and arm movement, and challenge your child from longer distances than previous stages.

Site: **New Kensington Branch**

Series Available: May, June, July session

4 week session: Monday & Wednesday | 6:30-7:00pm

Series Available: May & June Session

8 week session: Saturday | 9:30-10:00am

Members: \$32 | Family Members: \$16 | Non-Members: \$96

Site: **Allegheny Valley Branch (\*Ages 6-13)**

Series Available: May & June Session

8 week session: Tuesday | 5:30-6:00pm

8 week session: Wednesday | 5:30-6:00pm

Series Available: July session

4 week session: Tuesday & Wednesday | 5:30-6:00pm

Members: \$32 | Family Members: \$16 | Non-Members: \$96

### STROKE INTRODUCTION—STAGE 4 (AGES 5-14)

In this next stage for school age students we begin our Swim Strokes program. In Stroke Introduction, students learn and develop stroke technique in front crawl and back crawl. Students will also be introduced to breast stroke kick and butterfly kick.

Site: **New Kensington Branch**

Series Available: May, June, July session

4 week session: Tuesday & Thursday | 4:30-5:15pm

Series Available: May & June Session

8 week session: Saturday | 10:00-10:45am

Members: \$38 | Family Members: \$19 | Non-Members: \$114

Site: **Allegheny Valley Branch (\*Ages 6-13)**

Series Available: May & June Session

8 week session: Tuesday | 5:30-6:00pm

8 week session: Wednesday | 5:30-6:00pm

Series Available: July session

4 week session: Tuesday & Wednesday | 5:30-6:00pm

Members: \$32 | Family Members: \$16 | Non-Members: \$96

### STROKE DEVELOPMENT—STAGE 5 (AGES 6-14)

In stage 5, students will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Site: **New Kensington Branch**

Series Available: May, June, July session

4 week session: Tuesday & Thursday | 5:15-6:00pm

Series Available: May & June Session

8 week session: Saturday | 11:00-11:45am

Members: \$38 | Family Members: \$19 | Non-Members: \$114

Site: **Allegheny Valley Branch (\*Ages 6-13)**

Series Available: May & June Session

8 week session: Tuesday | 5:30-6:00pm

8 week session: Wednesday | 5:30-6:00pm

Series Available: July session

4 week session: Tuesday & Wednesday | 5:30-6:00pm

Members: \$38 | Family Members: \$19 | Non-Members: \$114

### STROKE MECHANICS—STAGE 6 (AGES 6-14)

In this last stage of our Swim Strokes program, students refine stroke technique on all major competitive strokes, learn about competitive swimming.

Site: **New Kensington Branch**

Series Available: May & June Session

Day | Time: Saturday | 11:30am-12:15pm

Members: \$38 | Family Members: \$19 | Non-Members: \$114

### PRIVATE SWIM LESSONS (Ages 6+)

By appointment only, these lessons are 30 minutes in duration for beginners all the way up to the competitive swimmer. Up to three people allowed per session. Appointments are based on instructor and pool availability.

Site: **New Kensington Branch & Allegheny Valley**

Series Available: By appointment; call for availability

Members: \$25 for 3 lessons

Non-Members: \$75 for 3 lessons

### COMMUNITY FAMILY SWIM (All Ages)

Designed for families and group leisure swimming. Children under 8 must be accompanied by an adult (18 years of age or older) in the same immediate family. The Y reserves the right to limit the number of swimmers in the pool.

Site: **New Kensington Branch**

Series Available: May, June, July Session

Members: Free | Non-Members: \$10 per family

Option #1: Friday | 5:30-6:30pm

Option #2: Sunday | 3:30-4:15pm



## ADULT WATER ACTIVITIES

### AQUACIZE

This shallow- and deep-water class provides a low to medium cardio workout focusing on aerobic conditioning, muscular toning, and strengthening. Some swimming skills required.

Site: **New Kensington Branch**

Series Available: May, June, July session

Members: \$18 | Family Members: \$9 | Non-Members: \$54

Option #1: Tuesday & Thursday | 9:30-10:30am

Option #2: Tuesday & Thursday | 7:00-8:00pm

### ARTHRITIS AQUATICS

The class provides an opportunity for people with arthritis to join in a recreational exercise program. No swimming skills are required. Low to medium cardio workout.

Site: **New Kensington Branch**

Series Available: May, June, July session

Members: \$20 | Family Members: \$10 | Non-Members: \$60

Day | Time: Monday, Wednesday & Friday | 8:45-9:30am

### ACTIVE OLDER ADULTS WATER FITNESS

Active older adults can enjoy 45 minutes of exercise, utilizing the buoyancy and resistance of the water, plus fifteen minutes of recreational swimming. No swimming skills required. Medium to high cardio workout.

Site: **New Kensington Branch**

Series Available: May, June, July session

Members: \$6 | Non-Members: \$38

Day | Time: Monday, Wednesday & Friday | 1:00-1:45pm

### SILVERSPASH CLASS

Activate your aqua exercise urge for variety! Silver Splash offers lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. Fun and laughter, games, singing, and music, make this class the most fun one around!

Site: **Allegheny Valley Branch**

Series Available: May, June, July session

Members: No Charge | Non-Members: \$84

Day | Time: Monday & Thursday | 11:15-Noon

### HYDROBURN (AGES 15 & UP)

Hydroburn is a high intensity, low impact total body workout. This class will target all major muscle groups using high repetitions to shape and tone muscle while burning calories. Class will be held in the pool, utilizing water buoy weights and flotation belts which allow for more effectiveness.

Site: **New Kensington Branch**

Series Available: May, June, July session

Members: \$24 | Family Members: \$12 | Non-Members: \$72

Day | Time: Monday & Wednesday | 7:00-8:00pm

### EVENING HYDRO/BBW

Water exercise is fun! We provide a nurturing environment to get a workout, meet new friends, and enjoy the water. This is a combination of 1/2 hour in the shallow end doing a Hydro class and 1/2 hour in the deep end doing Buoyant Body Works.

Site: **Allegheny Valley Branch**

Series Available: May, June, July Session

Members: \$24 | Family Members: \$12 | Non-Members: \$72

Day | Time: Tuesday & Thursday | 7:30-8:30pm

### BUOYANT BODY WORKS

Want a real water workout? Use your entire-body with a combination of cardio respiratory endurance and muscle conditioning! Our class is done in deep water, with a float belt to enhance one's own natural buoyancy. The workout involves high/low intensity combinations of sets for designated time periods. Must be a swimmer to join!

Site: **Allegheny Valley Branch**

Series Available: January, February, March Session

Members: \$24 | Family Members: \$12 | Non-Members: \$72

Day | Time: Tuesday & Thursday | 9:15-10:00am



## WHY WE'RE HERE

### FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen:

We believe that all kids deserve the opportunity to discover who they are and

what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

### FOR HEALTHY LIVING

Improving our community's health and well-being:

With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

### FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors:

The Y has been listening and responding to our region's most critical social needs for 115 years. Whether developing skills or emotional well-being through education and training, or preventing chronic disease and building healthier communities through collaborations, the Y fosters the care and respect all people need and deserve.

# HEALTHY LIVING

Achieving and maintaining wellness is a task that's never finished. That's why a healthy lifestyle is so important. We're here to help you—regardless of your starting point—with a variety of classes and supports to keep you healthy in spirit, mind and body!

## GROUP EXERCISE & FITNESS CLASSES

Group Exercise and Fitness classes are included as a benefit of membership at the Y and are provided free for Members. For specific times and availability, see the monthly group exercise/fitness schedule at any Branch. Please note that not all classes are offered at all locations.

### ½ HOUR POWER

Get in and get out with this 30 minute strength class. A variety of equipment will be used to create a unique workout every time, including dumbbells, body bars, and stability balls.

### 1-MINUTE DRILL

This quick 30-minute strength workout focuses on total body in one minute intervals.

### CARDIO BLAST

Blast your cardio fitness level through the roof with a class full of a variety of cardio exercises. This class may include kickboxing, step, hi/lo, and/or boot camp style exercises.

### COUNTRY HEAT

Dance your way to fitness with upbeat country music and western moves that make you forget you're exercising!

### FLOW YOGA

Three elements of strength, stability and flexibility are combined: Tai Chi, Yoga and Pilates.

### FULL BODY BLAST/RAISE THE BAR

This 60-minute class will challenge all your major muscle groups, through strength and endurance routines. This class is for all ages and fitness levels.

### GROUP CYCLING

This class incorporates various intensities of exercise through changes in movement, speed and resistance to deliver an effective workout. Each instructor has their own style so you have several options when choosing a class.

### GROUP CIRCUIT TRAINING

This 45-minute interval class combines cardio stepping and strength exercises to create a satisfying circuit

### HIIT

Keep moving in this quick-paced strength and cardio fusion class that gets you in and out in 30 minutes.

### HULA HOOPING

This class works the core area of the body through the use of weighted hula hoops.

### INSANITY

Insanity's high-intensity activity forces the body to work for longer periods of time at a higher capacity than traditional workouts. Get a more efficient workout in half the time!

### MOVING FOR BETTER BALANCE

Tai Chi movements are incorporated into this class to improve postural alignments, balance, and coordinated movements. This class has been shown to reduce the risk of falls in participants.

### POWER SCULPT

Sculpt your muscles in this group fitness class designed to build strength and add definition.

### STEP 'N STRENGTH

A combination of 45 minutes of step aerobics and 30 minutes of strength/resistance training.

### SILVER SNEAKERS CARDIO

The workout includes easy-to-follow, low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

### SILVER SNEAKERS CIRCUIT

This medium-intensity class is geared towards Active Older Adults who step up their routine and get a moderated cardiovascular workout combined with strength training using resistance bands and free weights. There is more emphasis on chair exercises in this class.

### SILVER SNEAKERS CLASSIC

A great opportunity for Active Older Adults or beginners. A variety of exercises are performed using free weights, resistance bands, exercise balls and chair stabilization.

### SILVER SNEAKERS YOGA

Classic Yoga moves utilizing a chair rather than the floor. The class emphasizes breathing, relaxation and both seated and standing stretches. Increase flexibility at a beginner's level.

### TAI CHI FOR WELLNESS

This class will make learning Tai Chi easy, effective. Benefits from Tai Chi include balance, strength, and relaxation.

### TRX

All core all the time! It's a complete body workout easily modified for the beginner or advanced participant using the TRX Suspension trainer and your own body weight as resistance.

### TURBO KICK

Turbo Kick combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

### YOGA

Yoga means "unite," integrating body with mind, and mind with soul. Participants will learn proper breathing techniques as well as proper form for Yoga poses.

### ZUMBA

These are Latin-inspired dance aerobics classes. You'll learn new dance steps from hip-hop, samba, salsa, merengue, mambo, martial arts, and more!—and get a great workout!

## PERSONAL FITNESS

### BEGINNER BOOT CAMP (Ages 13+)

Join us for this boot camp for complete beginners! NO EXPERIENCE NECESSARY. Don't worry if you have never worked out a day in your life, if you have put on unwanted weight, or if you have fallen out of shape because you have not had the time to work out on your own. This class will hold you accountable to get started on the path towards the habits you would like to continue. No equipment needed. Workouts will be basic, but effective, and held outside (weather permitting)

Option #1: May 7-30

Site: **Kiski Valley Branch**

Option #2: May 7-30

Site: **New Kensington Branch (Outdoor Location TBD)**

Option #3: June 4-27

Site: **Allegheny Valley Branch**

Day | Time: Tuesday and Thursday | 6:15-7:00pm

Members: \$35 | Non-Members: \$105

### HEALTHY NEW YOU! (Ages 14+)

We want you to feel welcome and educated at the Valley Points Family YMCA! Take advantage of this FREE program and have a YMCA staff member show you how to operate all cardio and strength circuit machines so that you can build confidence while building a healthier lifestyle.

Site: **All Branches**

Series Available: Year-Round

Members: Free! | Non-Members: Not Available

Day | Time: By appointment only

### EXTREME CIRCUIT (Ages 15+)

Join Bryan on this fitness adventure through obstacles and exercises that push you physically but make you feel stronger, quicker and more powerful. Other than bodyweight and nature, exercises include medicine balls, tires, sled pulls, farmer walks and sledghammer motions.

Option #1: June 4-27

Site: **New Kensington Branch (Outdoor Location TBD)**

Option #2: July 9-August 1

Site: **Allegheny Valley Branch**

Option #3: August 6-29

Site: **Kiski Valley Branch**

Day | Time: Tuesday and Thursday | 6:15-7:00pm

Members: \$40 | Non-Members: \$120

### HEALTH COACHING (Ages 15+)

These one-on-one sessions with a certified health coach, help members to find a healthier life balance. Topics discussed include a general focus on physical activity, nutrition, stress levels, and sleep habits. Start your steps toward a healthier lifestyle today by making an appointment.

Site: **Kiski Valley Branch**

Series Available: By appointment only; call for availability

Members: \$15 | Non-Members: \$45

### LIVING WELL PROGRAM (Ages 18+)

This program is for anyone who wants to learn how to lead a healthier lifestyle. All of the tools and resources needed will be provided to lose weight and keep it off for good! Be prepared for weekly weigh-ins with your lifestyle coach, food tracking, group discussion on healthy tips and obstacles that get in the way of your goals. We also well help you create a realistic approach to exercise.

Site: **Kiski Valley Branch**

Series Available: Year-Round

Option #1: Tuesday | 6:30-7:30pm

Option #2: Wednesday | 11:00am-12:00pm

Members: \$25/month | Non-Members: \$75/month

Site: **New Kensington Branch**

Series Available: Year-Round

Day | Time: Tuesday | 6:30-7:30pm

Members: \$25/month | Non-Members: \$75/month

Site: **Allegheny Valley Branch**

Series Available: Year-Round

Day | Time: Thursday | 5:30-6:30pm

Members: \$25/month | Non-Members: \$75/month

### PERSONAL TRAINING (Ages 15+)

A YMCA personal trainer can put the "personal" back into your workout. Our personal trainers are certified by leading national certification organizations and educated in the field to help you achieve your health and well-being goals quickly and safely.

Site: **All Branches**

Series Available: Year-Round

Members: \$20 per hour or \$110 for 6, one-hour sessions.

### WEDDING PARTY BOOTCAMP (Ages 18+)

Get your dress or tuxedo ready at the Y! Grab your wedding party and book your own personal boot camp. Work with one of our certified personal trainers to design the perfect boot camp for you and your wedding party! Not only will you have a great time, but you will look and feel great on your special day.

Site: **All Branches**

Series Available: By appointment only

\*Call Melanie @ 724-845-1968 for pricing and availability.

### CORPORATE FITNESS RETREATS (Ages 18+)

Does your company or business need a fresh local idea for team building? The Y can provide an active morning, afternoon, or evening that is designed specifically for your development needs. Space also available for catered lunches/dinners, and pre/post team building workouts. \*Call Kim @ 724-335-9191 for pricing and availability.

Site: **All Branches**

Series Available: By appointment only

\*Call Melanie @ 724-845-1968 for pricing and availability



## SPORTS & RECREATION

### BOOK CLUB (Ages 18+)

Connect with others who share a passion for books. Join us the last Monday of every month to discuss the book of the month.

Site: **Kiski Valley Branch**

Series Available: Last Monday of every month

Members: FREE | Non-Members: \$10 day pass

Day | Time: Mondays | 6:30-7:30pm

### CARD CLUB (Ages 18+) **NEW!**

Do you like to play card games? Join us every Tuesday to have fun socializing and playing a variety of card games.

Site: **Kiski Valley Branch**

Series Available: May Session

Members: FREE | Non-Members: \$10 day pass

Day | Time: Tuesdays | 1:30-3:30pm

### COUCH TO 5K (Ages 13+) **NEW!**

Learn to run in this progressive program that provides small goals for you to reach a BIG goal of 3.1 miles by the end of eight weeks.

Site: **Allegheny Valley Branch**

Series Available: May 6-July 1

Members: \$35 | Non-Members: \$105

Day | Time: Mondays | 6:15-7:00pm

Site: **Kiski Valley Branch**

Series Available: June 3-July 22

Members: \$35 | Non-Members: \$105

Day | Time: Mondays | 6:15-7:00pm

Site: **New Kensington Branch**

Series Available: July 8-August 26

Option #1: 6:00-6:45am @ NKB

Option #2: 6:15-7:00pm @ Winn-Clare Treadway Trail

Members: \$35 | Non-Members: \$105

Day | Time: Mondays

### BIRTHDAY PARTIES AT THE Y!

Looking for a great venue for your child's next birthday? Look no further! Check out our awesome sport parties at our Kiski Valley Branch. The Y provides fun activities for your child, along with pizza, drinks, paper supplies, a party room for the birthday child!

1-15 participants: \$140

16-20 participants: \$175

21-25 participants: \$205



Series Available: By Appointment Only  
Sports Parties (Kiski Valley Branch)

Day | Time: Saturday | Noon- 4:00pm

### DRAWING (Ages 6-Adult)

Whether you are just starting out, or have been drawing for years, come join us for a great social experience while developing the art of shading, color, and composition.

Materials to bring to class: sketch pad (no smaller than 8½x11"), drawing pencils (2B & 4B), manually sharpened charcoal pencils (1 soft and 1 medium), ultra fine point black marker, white eraser, and of course, a fun attitude! This is also a great experience to share with your son or daughter!

Site: **Kiski Valley Branch**

Series Available: May Session

Members: \$20 | Family Members: \$10 | Non-Members: \$60

Day | Time: Wednesday | 6:00-7:00pm

### PICKELBALL (All Ages)

Join us for pick-up play with this fun and exciting sport. Pickle ball is a paddle sport created for all ages that combines aspects of tennis, badminton, table tennis, and racquetball.

Site: **Kiski Valley Branch**

Series Available: Year-Round

Members: Free! | Non-Members: \$10 Day Pass

Day | Time: Monday, Wednesday, Friday | 1:00-3:00pm

Site: **New Kensington Branch**

Series Available: Year-Round

Members: Free! | Non-Members: \$10 Day Pass

Day | Time: Monday thru Thursday | 9:00am-Noon

Site: **Allegheny Valley Branch**

Series Available: Year-Round

Members: Free! | Non-Members: \$10 Day Pass

Option #1: Monday | 10:00am-Noon

Option #2: Wednesday | 10:30am-12:30pm



**SUMMER MEANS  
FLAG FOOTBALL SEASON IS  
JUST AROUND THE CORNER!**



**Mark your calendars so you  
don't miss out! Please email  
Adam to be contacted when  
registration opens!**

[asmith@vpfymca.org](mailto:asmith@vpfymca.org)

# UPCOMING EVENTS & ACTIVITIES

## FIRST AID/CPR/AED (Ages 15+)

Learn to save a life! Join us for this class and introduce yourself to the basic skills needed to administer First Aid, CPR and AED. Certification is good for two years and it might prove to be the best decision you've ever made!

Site: **Kiski Valley Branch**

Series Available: June 29

Members and Non-Members: \$65

Day | Time: Saturday | 12:30-4:30pm

## RUN ON THE RIVER—June 8

Engage the whole family in physical activity with an event for every age and skill level. Run on the River takes place at K-9 Officer Derek Kotecki Memorial Park and features events ranging from a 2K Family Fun & Pet Walk to a 10K race. Mark your calendars now and stay tuned for entry and sponsorship details!

## LIFEGUARD CERTIFICATION (Ages 15+)

Interested in becoming a lifeguard? This is the course you need! Upon successful completion, you will be a certified Red Cross Lifeguard. Must attend all training dates as well as pass required physical & written tests. For more info contact [derekh@avymca.org](mailto:derekh@avymca.org)

Site: **Allegheny Valley Branch**

Series Available: May 6, 8, 11, 12

Members \$205 | Non-Members: \$225

## 27TH ANNUAL FALL CLASSIC GOLF OUTING & TENNIS TOURNAMENT—September 20

Is golf your game? How about tennis? Then join us for the Golf Outing & Tennis Tournament and help raise funds for the Annual Youth Development Campaign! Various participation and sponsorship levels are available, call 724.335.9191 for information. (Outing is at Hill Crest Country Club in Lower Burrell)



## LEADERS CLUB (Grades 7-11)

Leaders Club is a national Y program that offers teens opportunities for leadership development, personal growth, and service to others. Leaders Club members will gain experience through volunteering, serving the community, strengthening academics, forming friendships, enjoying fun "hang out" opportunities, field trips, and becoming a role model for other kids and teens.

Site: **New Kensington Branch**

Members: FREE

(Note: Membership can be earned through active participation.)

Meet on Mondays Year Round | 6:00-7:00pm



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 7GI 7<sup>th</sup> GRADE INITIATIVE

VALLEY POINTS FAMILY YMCA

7<sup>th</sup> grade is a pivotal and transitional time for many teens. It's a time when teens are given more freedom to choose how they spend their free time. Habits that begin in 7<sup>th</sup> grade are likely to continue into adulthood. The Valley Points Family YMCA wants to support and encourage kids to make good decisions and form healthy habits that lead to a healthy lifestyle. This **FREE!** membership demonstrates our commitment and philosophy for a well-rounded approach to the healthy development of the whole person. **Call us at 724.335.9191 to learn more!**



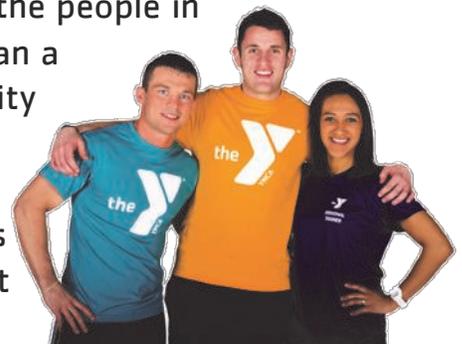
**VALLEY POINTS FAMILY YMCA**  
**Corporate Office**  
**800 Constitution Boulevard**  
**New Kensington, PA 15068**



United Way of  
Westmoreland County  
[unitedway4u.org](http://unitedway4u.org)

## CAREER OPPORTUNITIES

Learn, grow and thrive with a career at the Y! Imagine going to work knowing that what you do each day positively affects the lives of the people in our community. Working at the Y, you'll discover more than a job—you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you. In more than 10,000 communities nationwide, our staff members—of all ages and from diverse backgrounds and life experiences—enjoy the personal satisfaction that comes from nurturing the potential of youth and teens, improving the nation's health and well-being, and providing support to our neighbors.



**If you are interested in employment opportunities  
with the Y, contact us at:**

**VALLEY POINTS FAMILY YMCA**  
**Allegheny Valley Branch (724) 295-9400**  
**Kiski Valley Branch (724) 845-1968**  
**New Kensington Branch (724) 335-9191**  
**[admin@vpfymca.org](mailto:admin@vpfymca.org) | [www.vpfymca.org](http://www.vpfymca.org)**